

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** Pregnancy Options LifeCare Center, Faribault

**Contact:** Gina Little

**Phone and Email:** 507-332-7644    gina@polifecare.com

**Goal:** To provide positive alternatives to abortion to pregnant and parenting women in Southeastern MN.

**For the period/quarter:** 2nd

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide guidance to grant paid staff, attend required grant meetings, hire new grant staff as needed		We continue training staff in areas that allow the center to best assist our clients. Client Service Coordinator is registered to take Car Seat Safety Technician class in March.	
<b>Outreach</b>	Contact schools, churches, clinics, social service agencies, service clubs and shelters and alert them to our services at Pregnancy Options		We are expanding awareness in our community by attending speaking engagements and attending networking events. We have joined the Homeless Prevention Team in Rice County.	
<b>Case Management Services</b>	Providing incentives for attending monthly prenatal doctor appointments	8-9	Clients continue to receive incentives for proof of prenatal care appointments to promote healthy outcomes.	6
<b>Medical Services</b>	Provide program eligibility assessment, pregnancy testing and counseling.	8	We have begun offering STI testing at our center. We have had one person come in so far. We continue to offer pregnancy testing and counseling.	12

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<b>Mentoring Programs – Support Carrying Baby to term</b>	Provide a Life Coach approach to self sufficiency	12	<p>We continue to offer ways to engage our clients into goal setting and life coaching opportunities promote a self-sufficient and confident person.</p> <p>One mother gave birth and is attending classes here after coming in looking for an abortion. Our ability to walk with her saved this baby's life.</p>	46
<b>Parenting Education</b>	Provide Parenting Education Program	37	We continue to educate our clients on topics such as car seat safety, safe sleep and shaken baby syndrome as well as equip them with infant toddler care. We continue to expand our curriculum to better assist ESL clients.	111
<b>Pregnancy education and Support of Healthy Behavior</b>	Provide education and services to support healthy pregnancy behavior, increase knowledge of the benefits of early prenatal care, use of folic acid, good nutrition, exercise, smoking cessation, reducing/eliminating alcohol/drug use	8 -9	<p>We continue to aid our expecting mothers in learning about fetal development and how best to take care of their changing bodies to give their child a proper start. We continue to offer classes on healthy eating, hazards, and labor readiness.</p> <p>We had two women come in for the first time a month before delivery and hadn't taken any birthing classes. We were able to provide labor and delivery education and prepare them.</p>	32

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<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	150	We continue to assess our clients necessary service needs and refer as needed. We continue to partner with St Vincent's Du Paul, Healthfinders and many other area services in Rice County to assist our client's basic needs.	147
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	2	We continue to assess necessary services with those whom we service. We will continue to assess so as the need arises we can refer to partnering agencies.	9
<b>Support to Women to Increase their Ability to Become Self-Sufficient</b>	Provide Parenting Education Program	25	We continue to grow our education to equip our client with life affirming skills to meet everyday needs within their homes and make them more confident parents.	95

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	1
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	9
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	5
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	23
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	4
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	3

### **Challenges:**

This quarter has seen many days of cold and winter weather, with having several clients whom walk we have seen a decrease in our appointment. We continue to assess our education to find the most efficient ways to equip our ESL clients.

We continue to look for ways to break down language barriers.

We have recognized a problem in our county with clients, infants and medical assistance. We have clients who have given birth in October and to this date their case has not been looked into. It was reported to us that now in January the county is beginning to look at cases which were applied for in the beginning of October are being looked into. We had a mom come in with a bill from the ambulance service for her newborn son and still waiting on insurance. Any assistance, recommendations, suggestions are welcomed.

### **Comments:**

Our evaluation on Shaken Baby Syndrome is under way. We have had a few challenges with our Somali speaking clients, but are learning from them on their culture and how they cope with challenging moments.

Our center is servicing three mothers who have had twins, two of these sets born during this quarter.